






# Plainville Community Schools

## February 2019

### GLUTEN FREE ELEMENTARY SCHOOL MENU- Lunch Price \$2.50

Online payments: [www.myschoolbucks.com](http://www.myschoolbucks.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Note: GF = Gluten Free</b>				GF Pizza Choice of Cheese, or Pepperoni, Fresh Red Pepper & Celery Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">1</div>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed Salad w/cheese</i>				
Hamburger/Cheeseburger on a GF Bun BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">4</div>	Grilled Cheese on GF Bread Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">5</div>	<b>No Breading-</b> Chicken Nuggets GF Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">6</div>	GF Penne Pasta w/Meat sauce Steamed Green Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">7</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Carrots Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">8</div>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
GF Rotini & Beef Meat sauce Steamed Spinach Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">11</div>	Chicken Snack Wrap Chicken Breast Strips, Lettuce & Tomato, Cheese and Light Ranch Dressing in GF Roll Baked Sweet Potato Fries Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">12</div>	GF Cheese or Pepperoni Pizza Steamed Carrots Choice of Fresh Fruit in Season or Chilled Fruit Choice of Milk <div style="text-align: right;">13</div>	Twin Tacos w//Meat sauce, Lettuce, Tomato, Cheese, and Salsa Black Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">14</div>	<b>Winter Vacation</b> <div style="text-align: right;">15</div>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
<b>Winter Vacation</b> <div style="text-align: right;">18</div>	 <b>Winter Vacation</b> <div style="text-align: right;">19</div>	Sausage, Egg, & Cheese on a GF Bun BBQ Baked Beans Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">20</div>	Chicken & Pineapple Stir Fry over Fried Rice Asian Vegetables Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">21</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Broccoli Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">22</div>
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				
Grilled Cheese on GF Bread Steamed Con Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">25</div>	GF Chicken Tenders Mashed Potato w/Gravy Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">26</div>	GF Pizza Choice of Cheese, or Pepperoni Steamed Broccoli and Roasted Red Pepper Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">27</div>	Grilled Fajita Chicken with Lettuce, Tomato, Cheese, & Salsa with Onions & Peppers GF Bread Fresh Made Southwest Bean Salad Seasonal Fresh Fruit Chilled Fruit Cup Choice of Milk <div style="text-align: right;">28</div>	
Daily Alternates: <i>Bagel, Yogurt, &amp; Cheese Stick or Peanut Butter &amp; Jelly Sandwich w/Cheese Stick, or Tossed salad w/cheese</i>				

**Daily Alternates indicates main entrée alternative – All vegetable & fruit components listed on menu are available with Bagel and Peanut Butter Entree. Bagel & Yogurt includes a cheese stick.**

**Salad w/mixed greens tomato wedge, cucumber slices, shredded cheese and WG roll.**

*Choice of Non-fat chocolate, skim, or 1% milk is available*

**Michael Koch, Food Service Director - 860-793-3234 [kochm@plainvilleschools.org](mailto:kochm@plainvilleschools.org)**